

Updated *Clinical Practice and Preventative Guidelines*

The *Clinical Practice and Preventative Guidelines* have been updated and are available online. The guidelines will be available on the Dell Children's Health Plan website at www.DellChildrensHealthPlan.com > For Providers > 2020 Provider Notices and Reminders > Clinical Practice Guidelines > Clinical Practice Guidelines Matrix. These evidence-based guidelines were reviewed and approved by our quality committees. The guidelines include direct links to the source documents for reference.

Updates include *Preventative Health Guidelines: Addition of risk assessments/screening*

Birth to 24 months:

- Blood pressure: at each visit
- Lead exposure: as appropriate
- Lipid disorder: at 24 months
- Tuberculosis: screening based on risk factors

Child ages 2 1/2 to 10 years:

- Lead exposure: through age 6
- Hemoglobin or hematocrit (blood count): every year
- Blood pressure: risk assessments prior to age 3
- Lipid disorder: risk assessments when testing not performed
- Tuberculosis: screening based on risk factors

Child/adolescent ages 11 to 20 years:

- Hemoglobin or hematocrit (blood count): Every year
- Tobacco, alcohol or drug use: Each year beginning at age 11

Additional changes

- Introductory paragraphs for each nonadult age group revised to reflect language in the AAP Bright Futures guidance
- Footnotes regarding immunizations: Hepatitis A (ages 2 to 18), Tdap (ages 7 to adult) and HPV (ages 27 to 45) revised to reflect the Advisory Committee on Immunization Practices (ACIP) language

Clinical Practice Guidelines:

- Asthma:
 - *Asthma Clinical Practice Guidelines* — Global Initiative for Asthma (new 2019 guideline)

- Bipolar disorder:
 - *Guidelines for the Management of Patients with Bipolar Disorder* — Canadian Network for Mood and Anxiety Treatments (CANMAT) (recent 2018 guideline)
- Cardiovascular disease:
 - *Guideline on the Primary Prevention of Cardiovascular Disease* — American College of Cardiology/American Heart Association (new 2019 guideline)
- Chronic kidney disease:
 - *Chronic Kidney Disease: Detection and Evaluation* (2017) — American Academy of Family Physicians (AAFP)
 - *KDIGO 2017 Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease* (July 2017) — International Society of Nephrology
- Depression:
 - Depression guidelines — 2016 Clinicians guidelines by CANMAT and
 - *Nonpharmacologic Versus Pharmacologic Treatment of Adult Patients With Major Depressive Disorder* (2016) by American College of Physicians (ACP) (replace outdated guideline)
- Chronic low back pain:
 - *2017 Noninvasive treatments of acute, subacute and chronic low back pain* — American College of Physicians (ACP) (prevalent condition)
- Schizophrenia:
 - Schizophrenia treatment guidelines — resource page which includes a variety of sources
- Suicide:
 - *Assessment and Management of Patients at Risk for Suicide* — Veterans Administration/Department of Defense (new 2019 guideline)
- Surgical technical reviews:
 - Surgical Technical reviews for gynecologic, colorectal and elective total joint replacement — Agency for Healthcare Research and Quality (AHRQ) (Part of an initiative to improve surgical care)
- Smoking and electronic cigarettes:
 - *ACC Expert Consensus Decision Pathway on Tobacco Cessation Treatment* (2018) — American College of Cardiology (ACC)
 - *Electronic Cigarettes* — Centers for Disease Control and Prevention (CDC)
- Removal of older condition/disease guidelines:
 - Bipolar guidelines from the National Institute for Health and Care Excellence (NICE) and the British Association for Psychopharmacology (replaced by more recent CANMAT document)
 - *Practice Guideline for the Treatment of Patients with Major Depressive Disorder* (outdated, the American Psychiatric Association (APA) no longer supports)
 - *Practice Guideline for the Treatment of Patients with Schizophrenia* (outdated, the American Psychiatric Association (APA) no longer supports)
 - *Practice Parameter for the Assessment and Treatment of Children and Adolescents with Autism Spectrum Disorder* (the American Academy of Child and Adolescent Psychiatry (AACAP) no longer supports)

- Autism guidelines replacing AACAP:
 - Screening and diagnosis of autism (2014) — American Academy of Neurology (AAN) and the Child Neurology Society (CNS)
 - *Identification Evaluation and Management of Children with Autism Spectrum Disorder* (January 2020) — American Academy of Pediatrics (AAP)

What is the impact of this change?

No action is needed; this update is informational only. The guidelines can be downloaded from the website. For a printed copy, please call Provider Services at **1-888-821-1108**.

What if I need assistance?

If you have questions about this communication, contact your local Provider Relations representative or call Provider Services.